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## 4 Ways That Myrrh Supports a Healthy Body

In a hurry? [Click here to read the Article Summary...](#)

The biblical account of myrrh's sacred gifting to the newborn Christ along with frankincense and gold by wise men from the East is a familiar story with an extensive history of use in therapeutics as well.

Though it's perhaps most known for its spicy, fragrant odor, which was traditionally used for embalming the dead, **myrrh has also long been use** to its widespread use as an incense.

Both empirically throughout the ages and scientifically in modern times, myrrh has proven itself invaluable for a variety of special purposes. And

Here are some of the most noteworthy health benefits of myrrh that have been reported in scientific literature.

## #1 – Myrrh Contains Anti-Inflammatory Plant Compounds

There are two classes of primary active compounds in myrrh that lend to its efficacy in supporting a healthy immune response: sesquiterpenes and tannins. These compounds help to reduce inflammation, prevent cellular damage and the formation of chronic disease.<sup>1</sup> This is particularly true in the intestinal tract, where myrrh has demonstrated benefits in helping

Serious gastrointestinal conditions like ulcerative colitis have been shown in the scientific literature to respond positively to the use of myrrh, with research revealing specific benefits against acetic acid-induced ulcerative colitis.<sup>3</sup>

Some toothpastes and oral care products contain myrrh for much the same purpose, as its extracts have been shown to help protect teeth and gums. The tannins in its resin being recognized as the primary active ingredients in this process.<sup>4</sup> Research conducted by the Dental Research Center

Many of these same benefits occur when myrrh is applied to inflamed skin, helping to soothe and relieve swelling while promoting elasticity and

## #2 – Myrrh Has High Antioxidant Potential

Besides addressing disease-causing inflammation, myrrh also appears to support the body in redox function.<sup>6</sup> With an Oxygen Radical Absorbance Capacity (ORAC) value of 379,800 µTE/100g (to put this into perspective, oranges have an ORAC



### #3 – Myrrh Fights Bacteria, Parasites, Viruses & Fungi

Schistosomiasis is a parasitic infection of a type of blood fluke that is common throughout Asia, Africa and tropical America. Treatment of schist parasites: *S. haematobium* and *S. mansoni*.

The researchers reported in *The American Journal of Tropical Medicine and Hygiene* that: “The drug [myrrh] was given at a dose of 10 mg/kg of rate to 98.09%. The drug was well tolerated, and side effects were mild and transient. Twenty cases provided biopsy specimens six months after

## #4 – Myrrh Contributes to Healthy, Happy Hormones

The constituent counterpart to terpenoids in myrrh, **sesquiterpenes serve their own unique role in helping to balance the glandular system** regulating both the release and inhibition of hormone production all throughout the body.

According to Robert M. Sargis, MD, the main purpose of the hypothalamus is to maintain homeostasis, or internal balance, within the human frame. It regulates body temperature, hunger, thirst, and sleep. It also controls the release of hormones from the pituitary gland, which in turn controls the release of hormones from other glands in the endocrine system. The hypothalamus also controls the production of various substances necessary for the pituitary gland to release hormones, as well as the secretion of hormones from the thyroid gland, the adrenal gland, and the pancreas.

## Does Myrrh Possess Anti-Cancer Properties?

For example, in a rat study published in the journal *Chemico-Biological Interactions* in 2017, **myrrh extract was reported to have helped to** im regulating the Nrf2/HO-1 signaling and attenuation of inflammation, angiogenesis and oxidative stress.”<sup>11</sup>

In a 2011 study published in the *Journal of Medicinal Plants Research*, Chinese researchers looked at the effect of myrrh on human gynecologic

Myrrh essential oil is one of 3 ingredients (along with frankincense and turmeric essential oils) of [Magi-Complex blend from Organixx](#) (h) support a healthy immune response — the Magi's gifts to Jesus — all under one cap.

(<https://shop.organixx.com/pages/essentials>)



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### Sources:

## COMMENTS



**Sheila wilson says** May 3, 2017 at 9:17 am (<https://organixx.com/health-benefits-of-myrrh/#comment-1770854>)

Very interesting and I will purchase the product you recommend.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=1770854#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=1770854#RESPOND))



**Lynda I Akerly says** May 3, 2017 at 11:36 am (<https://organixx.com/health-benefits-of-myrrh/#comment-1774146>)

I am so impressed with this article, I wish modern medicine would look into the benefits of essential oils. I would love to go to a specialist that could tell me exactly which

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**Kristine says** November 19, 2017 at 8:25 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125031>)

I love your articles and have been using essential oils (I now have most of your single oils and blends) for many years for health enhancement. I notice that you don't men

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125031#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2125031#RESPOND))



**Lynn says** November 21, 2017 at 3:24 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2125061>)

Yes, I totally agree! I would like to know if Myrrh can be applied directly to a patch of very persistent, itchy eczema on my face. Thank you.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125061#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2125061#RESPOND))



**Cleason Martin says** November 25, 2017 at 7:10 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125117>)

I am exactly in the same shoes as Kristine wrote about.

You never mention what dose to use for the different conditions you write about. We do have a number of your essentials oils but we don't use them cause we do not kn  
So if someone could tell us how to use them we would very interested.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125117#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2125117#RESPOND))



**Judy Raphael says** February 9, 2018 at 1:28 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125906>)

I can tell you how to use the Essential Oils

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125906#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2125906#RESPOND))



**Vickie Hughes says** February 9, 2018 at 10:23 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125909>)

how would I use the Maji complex



**Jeannette says** June 13, 2018 at 4:33 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2129525>)

Hello,  
I am new to essential oil and would like to know more..  
thank you,  
Jeannette



**Customer Support says** June 13, 2018 at 6:06 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2129539>)

Jeanette,  
Thanks for your comment!  
Here is a link to some articles that might be helpful:

<https://thetruthaboutcancer.com/?s=essential+oil> (<https://thetruthaboutcancer.com/?s=essential+oil>)



**Czarina says** July 9, 2018 at 9:49 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2130023>)

Please do tell. I  
Have no idea and would like to use them.



**TRACY Tinlin says** May 14, 2018 at 3:44 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2127982>)

Google essential oils, then what your issue is. Tons of Info

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2127982#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2127982#RESPOND))

July 13, 2018 at 3:21 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2130113>)



**Susan says**

I think Mr Bollinger is limited in what he can recommend (i.e., dosage amounts and for what, etc.), as he is not a doctor. Government Regulations interfere with knowledge research and information on many essential oils and how to use them. Between these two men, you have a wealth of knowledge, and access to additional products.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2130113#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2130113#RESPOND))



**Marcy says** November 20, 2017 at 2:00 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125055>)

Where do you live they are out there live, they are out there

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125055#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2125055#RESPOND))



**Sharon says** September 5, 2018 at 1:42 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2131777>)

Look for a FUNCTIONAL MEDICINE DOCTOR. This is their specialty and they can help you determine what you need and prescribe the use of them.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2131777#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2131777#RESPOND))



**MaryVivian Maestas says** May 3, 2017 at 12:33 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1774575>)

I had a question about the Magi Complex. Are there any contraindications to taking this product. Is there anyone who should not take it. Thank you.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=1774575#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=1774575#RESPOND))



**Customer Support says** May 3, 2017 at 5:04 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1776415>)

Hi MaryVivian,

Everyone's body is different and while we understand your concern we can not provide this answer. Our products are whole food based dietary supplements. You should

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1776415#respond>)



**Carl Bogda says** May 3, 2017 at 1:30 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1775046>)

Is it OK to ingest the Magi complex essential oil?

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1775046#respond>)



**Rosemarie Baker says** May 3, 2017 at 8:45 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1777444>)

I too would like to know the answer to this question...

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1777444#respond>)



**Julie Hartmann says** May 5, 2017 at 10:55 am (<https://organixx.com/health-benefits-of-myrrh/#comment-1795247>)

Hi Carl I have metastatic breast cancer diagnosed in Jan 2017. I have been taking Magi Complex oil in capsules since this diagnoses. I can tell you my experience is that a experience ingesting the Magi oil has not been harmful only beneficial.

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1795247#respond>)



**Dorothy Barnes says** November 19, 2017 at 6:23 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125027>)

Does these capsules work on ovarian cancer? Is it possible for you to message me on face book? My name is Dorothy Barnes, pleas look me up on face book. Really woul

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2125027#respond>)





**Ames says** April 21, 2018 at 1:57 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2127218>)

Hi Julie. Hope you are well. My BFF just been diagnosed with breast cancer. She just ordered the Magi EO Blended. How did you ingest it? Eg. Under tongue etc. How

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2127218#respond>)



**Ahmet Gok says** May 3, 2017 at 6:41 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1776892>)

hi,  
Is it meanfull to use it for chronic hepatitis B enfections by the anti viral madicine?  
thanks,  
A.Gok

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1776892#respond>)



**Kathy says** May 4, 2017 at 8:17 am (<https://organixx.com/health-benefits-of-myrrh/#comment-1779191>)

How many times a day do you use magi complex and what part of your body do you apply this complex?

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1779191#respond>)



**Customer Support says** May 4, 2017 at 12:25 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1782355>)

Hi Kathy,  
Capsules: Adults take 2 capsules per day with 8 oz or water or juice. May be taken with or without food. Advanced Dosage: Adults take 4 capsules per day with 8 oz or w  
Organixx (previously known as Epigenetic Labs) cannot diagnose, treat or give you advice regarding your health and individual use of our products. If you have question:

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=1782355#respond>)



**Maxine Czisny says** May 4, 2017 at 3:49 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1787848>)

Can you put a few drops of oil in your water to drink daily, is that OK?  
I was told that was OK for Lemon Oil and have been doing that.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=1787848#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=1787848#RESPOND))



**Lois says** November 19, 2017 at 9:29 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2125021>)

I read that myrrh oil could be poisonous and should not be ingested. Is this correct? I would like confirmation of this. Thanks.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125021#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125021#RESPOND))



**Jeannette says** June 13, 2018 at 4:38 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2129526>)

New to essential oil, and would like to know more.



**JLWare says** May 4, 2017 at 4:50 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-1789445>)

I've been using Magi Complex EO on my hip area that has pain other products just don't seem to touch. I ingest the Magi Complex capsules and rub the EO on hip and th

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=1789445#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=1789445#RESPOND))



**Martha says** May 20, 2017 at 12:23 am (<https://organixx.com/health-benefits-of-myrrh/#comment-1898346>)

Do you use a carrier oil and what is it?

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=1898346#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=1898346#RESPOND))



**Anna says** June 8, 2017 at 11:50 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2001516>)

I've read in order for tumeric to absorb properly , you need to ingest it with black pepper . The supplements I was buying before had black pepper included in it ( along wi

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2001516#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2001516#RESPOND))

June 8, 2017 at 6:16 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2003381>)



**A Thomas says**

Hello,  
I purchased some of the magi oil & have candida albicans. I was wondering how I could use the oil to help that, along with a number of other health issues?

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2003381#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2003381#RESPOND))



**DAE says** November 19, 2017 at 11:22 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2125022>)

The biggest issue is knowing what is causing your symptoms.....ie poor foods/gmo/glyphosphates, pathogens, dental toxins, heavy metals, chemicals/herbicides/pesticid  
symptoms. The answers are there. You just need training and or guidance with profound teachers. Sincerely, D.A.E.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125022#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125022#RESPOND))



**Melissa says** November 19, 2017 at 11:41 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2125023>)

I have Multiple Myeloma and have been using the Magi Complex oil for a year now, as well as other supplements from Organixx. I use coconut oil as the carrier with seve  
good:) I enjoy the smell and my skin has never looked better!

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125023#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125023#RESPOND))



**Ruth Bourgeois says** November 19, 2017 at 12:19 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125025>)

I have used Myrrh essential oil for many years now, & can't express enough the wonderful health benefits of this oil.

Besides all the benefits mention in your article, it's also wonderful for strenthing finger & toe nails.

I also have combined Myhrr with Frankincense in a base oil, for a friend who had shingles! There two oils help with nerve damage from shingles.

I am never without this wonderful essential oil.

Thank You

Ruth B.

Thank You  
Ruth

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125025#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125025#RESPOND))

**November 19, 2017 at 12:27 pm** (<https://organixx.com/health-benefits-of-myrrh/#comment-2125026>)



**Audrey says**

Where in Canada can I buy the Magi Complex ?  
Thank you  
Audrey

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125026#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125026#RESPOND))



**Customer Support says** **November 20, 2017 at 6:26 pm** (<https://organixx.com/health-benefits-of-myrrh/#comment-2125057>)

Hi Audrey-  
We ship to Canada! All you have to do is use Canada as the shipping country.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125057#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125057#RESPOND))



**Dorothy Barnes says** **November 19, 2017 at 6:31 pm** (<https://organixx.com/health-benefits-of-myrrh/#comment-2125028>)

Looking for information concerning ovarian cancer. Thanks, Dorothy Nov 19, 2017.

REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2125028#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytocom=2125028#RESPOND))



**Dawn says** **November 20, 2017 at 9:05 am** (<https://organixx.com/health-benefits-of-myrrh/#comment-2125050>)

I cannot physically swallow capsules. Can I break open the capsule and add the contents to water or to some green tea?

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**Victoria Radin says** November 21, 2017 at 11:29 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2125067>)

How do you use myrrh to treat colitis?

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2125067#respond>)



**Francy Merritt says** November 27, 2017 at 1:49 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125138>)

What kind of a dose is recommended? What is the maximum dose one can take safely?

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2125138#respond>)



**Aynat says** February 9, 2018 at 3:48 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2125908>)

Based on the study, I would have to consume 600 ml per day for 3 days in order to get the benefit they stated. Did they ingest or inject the essential oil? That is a large amount.

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2125908#respond>)



**Linda says** February 16, 2018 at 4:45 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2126084>)

Is your organixx oils pure, organic and FDA approved?

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2126084#respond>)



**Customer Support says** February 20, 2018 at 10:05 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2126147>)

Linda,

Our oils are certified organic oils by the USDA. If you want further information about this please reach out to our customer support team: <https://support.organixx.com>

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replytocom=2126147#respond>)



**Catherine says** June 12, 2018 at 6:06 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2129512>)

You cite studies but there is no link to the study so that we can verify your statements.

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replyto=2129512#respond>)



**Customer Support says** June 13, 2018 at 6:13 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2129540>)

Catherine,  
At the bottom of the article right before the article summary there is a sources tab!

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replyto=2129540#respond>)



**Lynn Gregerson says** June 13, 2018 at 12:53 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2129537>)

I see that you have cited sources in the article, but then they are not listed at the bottom of the article. I appreciate being able to read more about the facts and studies th

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replyto=2129537#respond>)



**Customer Support says** June 13, 2018 at 6:36 pm (<https://organixx.com/health-benefits-of-myrrh/#comment-2129541>)

Lynn,  
If you are looking for more information please look under the Sources tab that is directly above the article summary.

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replyto=2129541#respond>)



**Shirley (<http://whyessentialoils.net/>) says** October 31, 2018 at 1:08 am (<https://organixx.com/health-benefits-of-myrrh/#comment-2136173>)

Very interesting. Can the myrrh oil be used to treat hypothyroidism? Thanks.

REPLY (<https://organixx.com/health-benefits-of-myrrh/?replyto=2136173#respond>)



REPLY ([HTTPS://ORGANIXX.COM/HEALTH-BENEFITS-OF-MYRRH/?REPLYTOCOM=2136204#RESPOND](https://organixx.com/health-benefits-of-myrrh/?replytoCOM=2136204#RESPOND))



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